

BEWARE OF TOO MUCH ICE WATER

Doctor Ravenel of University of Missouri Says Abundance of Cool Water is Healthful, However.

"Beware of drinking too much ice water," said Doctor M. P. Ravenel, professor of bacteriology and preventive medicine at the University of Missouri, when asked about its harmful effects.

"There is no objection to drinking an abundance of water which is well cooled," said Doctor Ravenel, "but excessive quantities of ice water are dangerous, especially to old people."

Doctor Ravenel said that experiments have shown that the drinking of water in fairly large quantities increases metabolism—in other words that the processes of digestion and absorption are increased in rapidity rather than impaired by its use, so that there is a firm basis for the belief that drinking water tends to make one fat.

"Water is harmful when taken with each mouthful of food," said Doctor Ravenel. "It makes swallowing easier and persons overeat and do not chew properly. It is a much better habit to drink plenty of cool and clean water than to guzzle soft drinks at sodawater stands. These drinks often contain a certain amount of sugar, artificial coloring matter, and artificial flavors, which may be dangerous. Babies and children especially should be supplied with cool water in abundance during the hot season."

Kentucky Holds Statewide Primaries.

Louisville, Ky., Aug. 7.—Today's statewide primary was reported one of Kentucky's most orderly elections. Frictions assumed serious proportions only at Jackson in Breathitt county, where two men were killed and another seriously wounded.

Former Congressman A. O. Stanley, democrat; E. P. Morrow, republican, and Fred J. Drexler, progressive, were nominated for governor today. Stanley's majority is estimated at 20,000; Morrow virtually had no opposition and Drexler was unopposed.

It was indicated when the polls closed at 4 o'clock that slightly less than a normal vote had been cast throughout Kentucky in today's general primary.

Chief interest centered in the democratic gubernatorial nomination, for which a warm race had been waged by Lieutenant Governor Edward J. McDermott of Louisville, former Congressman A. O. Stanley of Henderson and H. V. McChesney of Frankfort. McDermott and Stanley favored local option as a means of deciding the liquor question and McChesney had declared for statewide prohibition.

Soil experiment fields may be located soon in Butler, Greene, and Laclede counties by the Agricultural Experiment Station of the University of Missouri at Columbia. Similar fields are now located in Christian, Pike, Knox, Linn, Jasper, Nodaway, Scott, Phelps, Franklin, St. Charles, Audrain and Henry counties.

SEE THE

Clothes Doctors

For practical cleaning and pressing. We positively clean everything but a guilty conscience.

Hats Cleaned and Stacked

All work guaranteed and prices reasonable.

Clothes Called for and Delivered.

Missouri Crop Report.

Columbia, Mo., July 31, 1915.

Early threshing returns indicate that the Missouri wheat crop for 1915 will fall several millions of bushels short of the 1914 crop and will also be under the preliminary estimate of one month ago. The monthly crop report as issued today from the office of the Secretary of the Missouri State Board of Agriculture is as follows:

Crop conditions throughout the state differ very materially. However, taking the state as a whole, it may be said, as one correspondent expresses it, "Farmers will have plenty to live on and some to spare and will not have much to buy." Southeast Missouri has been especially favored. "Crop conditions this year," says one report, "have been as near ideal as our farmers could wish and our prospects are the best ever known." In the western part of the southeast section—in the upland region—there is need of rain, although crops have not greatly suffered. Floods and continued rains have caused heavy losses in the Northwest section. One correspondent writes, "I have lived in this section since 1868 and have farmed every year. Have had wet seasons but nothing to compare with this season. We have always managed to save a large per cent of our small grain but this season was too much."

WHEAT—Taking the state as a whole, 22 per cent of the wheat crop is reported threshed. Estimated yield for part threshed is 12.6 bushels per acre as compared with the preliminary estimate of 13.2 bushels made one month ago, or 17.1 as the preliminary estimate for the 1914 crop. The estimated yields are: Northeast, 16.7; Northwest, 13.4; Central, 11.3; Southwest, 9.6; Southeast, 11. The total yield for the state will be further reduced, owing to the fact that much wheat in the northern counties could not be harvested. Wheat is generally poor in quality and some of it will be fed to the hogs. There is considerable complaint of wheat sprouting in the shock. The northeast Missouri counties along the Mississippi river generally report satisfactory yields. The same is true of the counties in the extreme Southeastern section. The yield of fertilizer wheat is holding up better than the average. It is estimated that about one-third of the wheat in the state has been or will be stacked. With the exception of a few Southeastern counties practically no plowing has been done for the new wheat crop.

CORN—Owing to continued rains and overflows in the heavy corn counties of north Missouri, corn condition for the state is but 73.6, or slightly below one month ago when it was 76. One year ago it was 68 and the 10-year August 1 average is 80. By sections, present conditions show: Northeast, 67; Northwest, 65; Central, 77; Southwest, 72; Southeast, 87. In some of the Northwest counties there are fields of corn that have never been plowed and many fields that have been plowed but once or twice. Bottom farmers have made a game fight, planting over their fields as they could, but in many instances they have lost. Upland fields are generally in good condition, but, taking the state as a whole, the corn crop is uneven. However, the prospect, with favorable weather from this time on, is far better than a year ago.

OATS—The preliminary estimate on the oat yield for Missouri is 29 bushels per acre as compared with 22 bushels last year and 23.9 as the ten-year average. But for floods and storms Northern Missouri would have made the greatest oat crop in her history. As the matter now stands, there are hundreds of fields that are as yet uncut, and in many of these the oats are down so bad that they cannot be threshed. Farmers are preparing to pasture with hogs or other stock. Progress of the oat harvest by sections shows: Northeast, 75 per cent cut; Northwest, 63; Central, 96; Southwest, 93; Southeast, 97. About 15 per cent of the oat crop has been threshed.

OTHER CROPS—The hay crop has been saved with difficulty. The corn crop is generally in good condition, but in many instances they have lost. Upland fields are generally in good condition, but, taking the state as a whole, the corn crop is uneven. However, the prospect, with favorable weather from this time on, is far better than a year ago.

acreage of prairie hay will be somewhat larger than last year. Pastures have made a luxuriant growth. Live stock of all kinds is in good flesh and is generally healthy. Range in Southern Missouri was never better. From every part of the state there is complaint of flies being very bad on live stock. In some instances cattle are losing flesh and milch cows falling off in milk. Broom corn condition is 81; flax, 73; melons, 58; tobacco, 85; cotton, 90; cowpeas, 73; tobacco acreage as compared with last year is 81; cotton, 75; cowpeas, 83. The fruit prospect continues fairly good. Condition of apples for the state is 69. Taking the state as a whole, there will be about half a crop of peaches. The commercial peach crop in the Ozarks is excellent.

Two Children Plead Guilty to Larceny.

The mystery surrounding the numerous burglaries and petty thieving that has been puzzling the officers for some time was solved Friday night when Marshall Braden arrested Nolan Derr aged 10 and his sister, Mary, aged 8. When searched two little pocketbooks containing a small amount of money that had been stolen from the residence of Forrest Kerrrens were found in their pockets.

Tuesday morning they were taken before Justice of the Peace Hemstreet and pleaded guilty to entering the home of Sam W. Barr, during the absence of the family and taking an opal ring and other property. The little boy was sentenced to the Missouri Training School for boys at Booneville until he is 18 years old. The girl received the same sentence to the State Industrial School for girls at Chillicothe.

They admitted entering the Walker-McKibben store some time ago and stealing some money from the cash drawer. Dennis Thrall's home where they secured a gold watch and G. A. VanHall's residence where they stole a revolver. They had entered Hupp's paint shop two different nights but found nothing of value that struck their fancy. They are bright, intelligent children and with proper care and attention should have become valuable citizens.

Mrs. Edwin Walker Dead.

Mrs. Ellen Hurt Walker died at her home in Ballard Thursday, Aug. 5, 1915, of apoplexy. She moved with her husband and son, Wayne, from Macomb, Ill., in December, 1914. Had only been with us a few months but had made many acquaintances and friends. Was considered the sunshine of Ballard. She was singing when she was stricken. She was an artist of rare ability and left many beautiful paintings as well as other artistic work to be admired by all. She was a christian woman and never missed an opportunity of doing good.

Funeral services conducted by Rev. Miller were held at the Walnut Grove church Saturday morning at ten o'clock. Interment was made in Walnut Grove cemetery.

A Friend.

Card of Thanks.

Kindly allow us through the columns of your paper to tender our heartfelt thanks and deep appreciation to the dear people of Ballard, Mo., for the abundance of sympathy, love and assistance that was given us in this darkest bereavement of our lives, the death of our dear wife and loving mother. Dear friends I thank you all, and pray that in that great and final day that each and all of you may be guided by the kind hand of our Heavenly Father safely into that beautiful harbor of rest.

Sincerely,
Edwin Walker.
Wayne W. Walker.

Good News Kills Woman.

Jefferson City, Mo., Aug. 8.—Mrs. Harriett E. Wales died today. She was 75 years old and formerly lived in Boston, Mass., where her body will be taken tomorrow for burial. Her daughter, Miss Elizabeth Wales, head of the Missouri State Board of Agriculture, was notified of her death.

County Court.

The following township trustees made semi-annual settlement with the court.

Frank Chapman...Grand River.
Ben Ireland...Spruce.
Roy M. Burk...Charlotte.
H. O. Bosley...Deer Creek.
J. S. Brown...Mt. Pleasant.
P. K. Wright...Elkhart.
J. V. Bradley...Prairie.
H. D. Chambers...East Boone.
J. F. Ialey...Osage.
H. D. Requa...Lone Oak.
John H. Braden...West Point.
M. D. Robinson...Rockville.
L. V. Brown...Hudson.
C. J. Lane...Pleasant Gap.
L. Staker...Walnut.
A. N. Moles...Mound.
T. D. Embree...Summit.
S. S. Baker ordered sent to Hospital No. 3 at Nevada as a county patient.

Highway engineer authorized to cause re-inforced concrete bridge over creek between sections 26 and 27 Mound township according to his plans and specifications, provided the township donate \$100 and the citizens do all necessary hauling free.

Highway Engineer authorized to construct concrete bridge according to plans and specifications over one branch of Mill Sap creek between sections 6 and 7 of Mound township provided the township donate \$100 and the citizens do all hauling free.

Highway Engineer authorized to repair bridge and approaches to same over Bones Fork between sections 29 and 32, Mound township provided township donate \$100 and citizens do all hauling free.

Highway Engineer ordered to make estimate for new bridge over Deer Creek in section 18 of Grand River township.

Swamp land patent issued to F. C. Bond, assignee for E 1-2, N. W. 1-4 and 11 acres off E end of N 1-2 of N E 1-4 of S W 1-4 sec 21 Twp. 38 R. 29 in Bates county.

Semi-annual settlement of county treasurer J. H. Stone examined and approved.

Monthly settlement of J. H. Stone for July approved.

The appointment of R. D. Holland as deputy county clerk approved.

Highway engineer authorized to repair bridge over Miami creek on west Rich Hill road providing all hauling be done free.

Highway engineer authorized to construct concrete bridge over creek between sections 14 and 15 Summit township provided \$125.00 be donated in cash and all hauling be done free.

Collectors bonds approved as follows:

R. D. Mock—Hudson.
M. C. Fortune—Osage.
J. W. Hall—Deer Creek.

Monthly statement of county clerk Frank Holland examined and approved.

Old Nag Tries to Eat Green Horse When Girl Lifts Skirts Too High.

Pittsburg, Pa., Aug. 3.—A piebald old horse, a pretty girl, a neatly turned ankle and calf, the latter two encased in green silk hose, caused much excitement on Smithfield street this afternoon.

The old horse was standing in front of a department store, contentedly dozing, when the girl with the green hose, tripping across the street, hesitated in front of him, and to prevent her skirt from dragging on the curb, lifted it a trifle high, just in front of the old piebald's eye.

The color scheme evidently reminded the old nag of green pastures, for he quickly reached out his almost toothless jaws and began nibbling at the "green."

With a scream the girl was off while the crowd that gathered gazed with unfeigned admiration on the old pig.

We Lost Another.

Sunday one of the largest crowds of the season turned out to see the Amoret base ball team trim the home team by a score of 12 to 2. The first man up for Amoret hit the first ball pitched for a long single and the next man up put one in the same place and the home team then went up in the air and stayed there.

Amoret has a good bunch of ball players and they are doing well.



The Careful Man is putting some money into the Bank every pay day because he is preparing for the future. Some day he will see a good business opportunity and have the money to take advantage of it. R. U. Z.?

Sam White had a dark skin. He lived in Georgia. He couldn't write. He saw in the paper a picture "ad" of a burglar. He got scared. He asked which bank had its name under the picture. He put his "to" dollars in that bank.

He "took a notion" to make it a hundred dollars, then two, three, four, five hundred dollars—then a thousand.

Sam banked money every week until he got three thousand dollars! Whenever he went into the bank he would ask: "Ain't I got mo' money'n any cullud man in dis town?" He was proud. Sam now owns a farm. Can't you save?

BANK WITH US

Missouri State Bank

"THE OLD RELIABLE."

Tells How to Can Sweet Corn.

Now when good sweet corn is so easily procured is the time for the housewife to can some for use next winter. When the corn selected is young and tender and is canned soon after gathering, the product is far superior to commercially canned corn. Those who have tried home-canned corn one year do not have to be urged to try it again.

According to the department of home economics of the University of Missouri at Columbia, corn is more difficult to can than fruits and most other vegetables. This is because the corn forms such a compact mass that it is hard to heat through, and because it is more difficult to kill the micro-organisms which cause it to spoil.

To can corn, boil it in salted water, just as if you were going to serve it, from 10 to 15 minutes. Cut it from the cob and pack it in quart jars. Add enough boiling water to completely cover and a rounding teaspoon of salt to each quart. Put on the covers of the jars loosely and place the jars on a rack of some kind in a boiler. Put in enough clean water to completely cover and boil four hours, counting from the time

when the water commences to boil. When the time is up, remove the jars from the water and tighten the lids while the jars are still hot. This is more easily done with a spring seal than with a screw neck jar.

The department of home economics of the University of Missouri at Columbia will be glad to send a bulletin on canning to anyone who will write for it.

Salt Fatal to Chickens.

One cause of the many deaths among chickens is the feeding of substances containing salt, even in small quantities. Mashed potatoes, containing only sufficient salt for a mild seasoning, prove fatal if fed in any quantity. Other waste from the kitchen is equally dangerous if it contains salt, and as this is not generally recognized it would be wise for the house wives to be careful what they feed their chickens and place the dangerous scraps where the birds cannot get at them.

The College of Agriculture of the University of Missouri will have an exhibit of agricultural collections for school laboratories at various county fairs over the state this year. The exhibit is in charge of the Agricultural Extension Service.

The Walton Trust Co.

Under State Supervision and is examined the same as every bank in the State by the expert examiners of the State Banking Department.

Its capital, surplus and undivided profit account is \$385,000.00, nearly double that of any Bank or Trust Company in this county.

Has paid semi-annual dividends to its stockholders since organization.

It's an easy matter to say you are making money—that you are growing—that your bank is just as good—just as safe—that as strong—but the figures and the people know the truth.

Time deposits are solicited and good rates of interest paid on same.